



RADICAL  
HEALTH  
&  
HERBALISM  
ZINE


# GLOSSARY OF ACTIONS

- Adaptogen - improves adaptability
- Alternative - blood cleaner
- Anthelmintic (vermifuge/anti-parasitic) - expels and kills worms
- Aperient - gentle laxative. Aids normal process
- Bitter - holistic healing & digestion
- Carminative - aids digestion & gas
- Cholagogue - stimulates bile to liver
- Demulcent - soothes internal tissues
- Depurative - blood cleanser
- Diaphoretic - induces sweat
- Diuretic - increases elimination of urine
- Emetic - induces vomiting
- Emmenagogue - stimulates menstrual flow
- Emollient - soothes skin
- Expectorant - removes mucus from lungs
- Febrifuge - reduces fevers
- Galactagogue - increases milk flow
- Hepatic - tones & strengthens liver
- Hypnotic - induces sleep
- Laxative - promotes bowel movement
- Nervine - benefits nervous system
- Pectoral - holistic and lungs
- Rubefacient - brings blood to skin surface
- Sedative - calms nervous system

CONTINUED →

(see back page)

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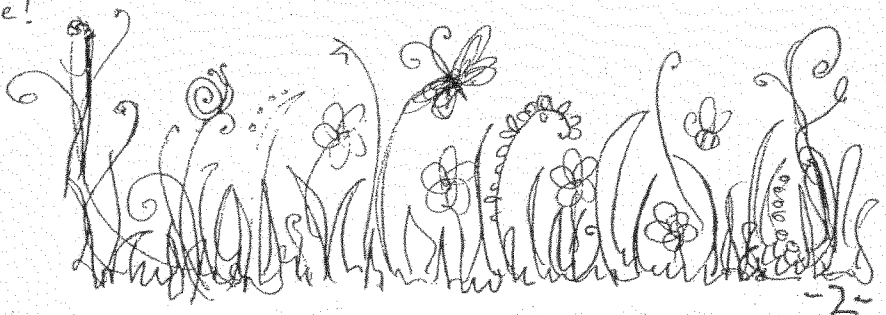
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# Welcome to your first... Herbasn!

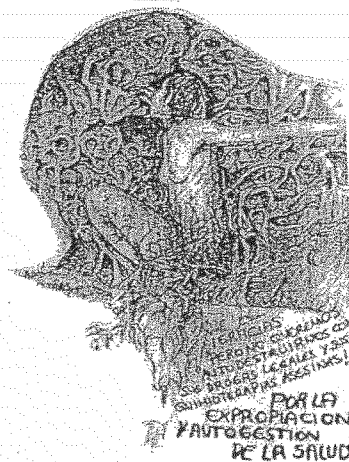
After an inspirational week in escanda exploring medicinal herbs, we write this zine. We hope it will serve as a beacon for anyone who wishes to reclaim health from professionals, pill-pushers, pharmaceuticals, and profit!

We can hardly offer a comprehensive or complete guide to medicinal herbs here. But inside these pages we placed a background, a beginning - all we need to start having fun, looking around us at our environment and into our own bodies in a new way.

So here we go, with wildcrafting, witch trials, cultivation, oils, tinctures, favorite plants, politics, salves, infusions, decoctions - and more!



# Why Reclaim Our Health.



Por el dibujo: gracias a Mariela del corno y una artista impresionante.

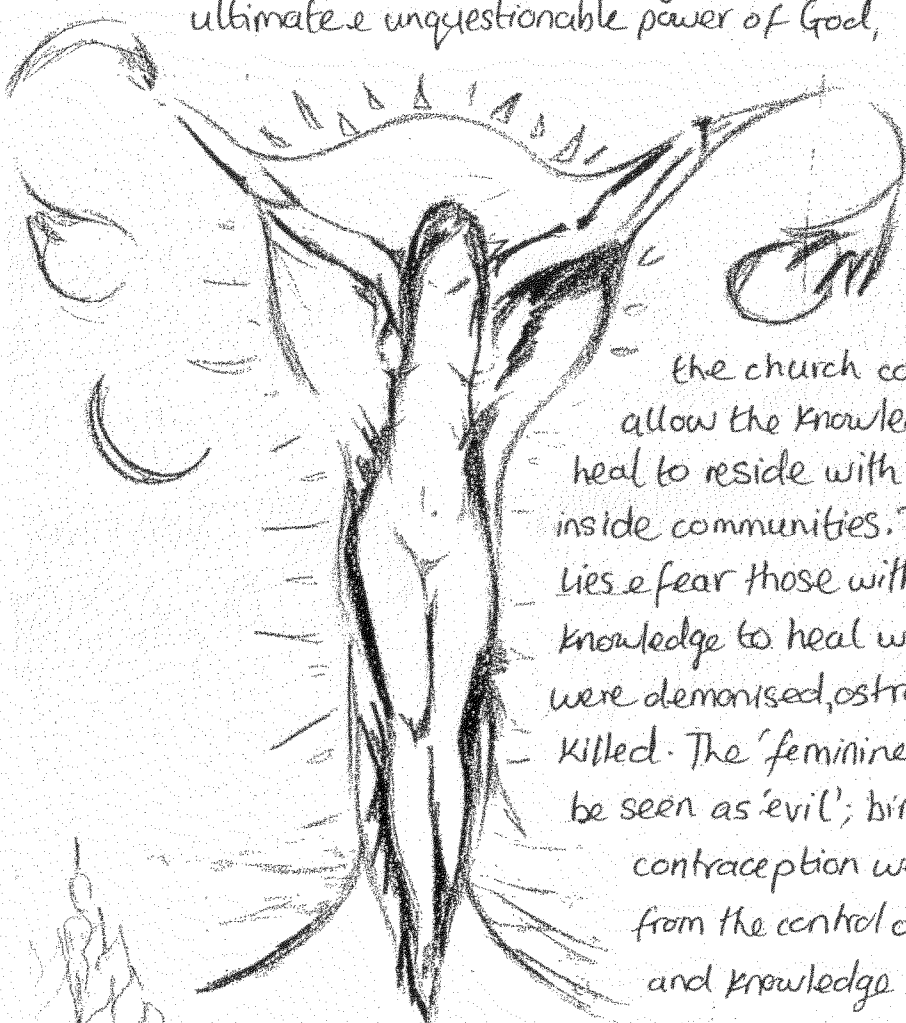
For centuries human beings learnt and passed down knowledge and understanding of the body and how to take care of it using plants in their immediate environment. The church, patriarchy and colonialism have systematically destroyed that empowerment.

Across Europe the murder of 6 million wise-women during the middle ages and later the destruction of indigenous lands, culture and peoples has lost much of that precious knowledge. Capitalism and the pharmaceutical industry now force us to rely on an 'elite' of "experts" whose chemical "fixes" often come with quick fixes and many other damaging effects. This method ignores the health of our bodies as a whole so never really addresses life-long health. These same companies now lay claim to the plants the earth provides for free which have been used by the people for thousands of years.

We wish to take back control of our bodies, our health and our access to healing ourselves....

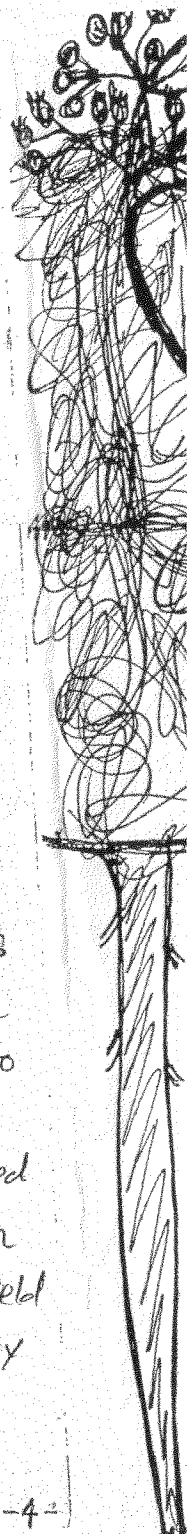
# Witch Hunt

During the 1500s over 6 million wise-women were Tortured, burnt at the stake and murdered by the rising capitalist state, patriarchy & the church. Wishing to secure the ultimate & unquestionable power of God,



the church could not allow the knowledge to heal to reside with women, inside communities. Through lies & fear those with the knowledge to heal with herbs were demonised, ostracised & killed. The 'feminine' came to be seen as 'evil'; birth & contraception were removed from the control of women and knowledge in this field was monopolised by

by the new, patriarchal medical sphere.



# WILDCRAFTING

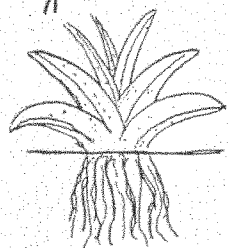


Turn off your laptop, your t.v., your mobile and get outside! You can collect and make your own medicine. So start now. You will need a collecting bag, some tools and a good ID book. It is a good idea to know one or two things that are in season before you go, <sup>and</sup> with an aim to try to ID others in the field.

Here are some guidelines:

- ☐ Never collect an endangered or threatened species. Consult a local plant society, elders, <sup>books</sup> or the internet for questions.
- ☐ Talk to your neighbors or others to know if they have already collected in an area... if so go to another area.
- ☐ Use the rule of thirds! Never take more than you need and never more than a third of the grouping/plant.
- ☐ Collect from an abundant grouping and healthy looking plants.
- ☐ Ask their permission; bring a gift.
- ☐ A general rule is collect flowers & leaves early in the morning just after the sun has dried the dew. Roots in afternoon or evening.
- ☐ It is best to collect on a full or waning moon cycle but there are exceptions!
- ☐ Hang plants up to dry when you get home.

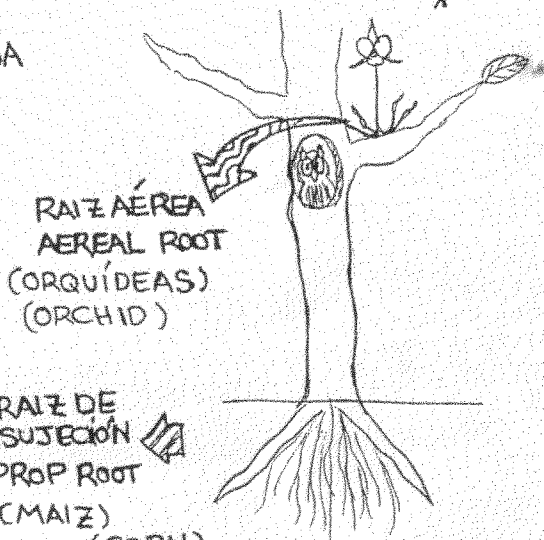
# Tipos de raíces. Root Types



RAÍZ FIBROSA  
FIBROUS  
ROOT  
(LILA ACUÁTICA)  
(WATER LILY)

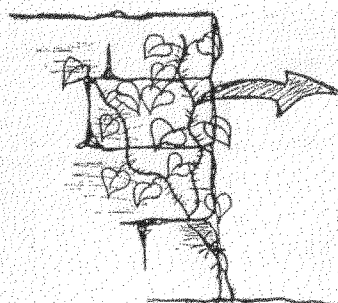


RAÍZ  
PIVOTANTE  
TAPROOT  
(ZANAHORIA)  
(CARROT)

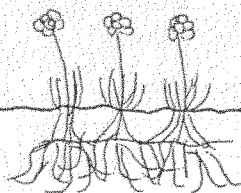


RAÍZ AÉREA  
AERIAL ROOT  
(ORQUÍDEAS)  
(ORCHID)

RAÍZ DE  
SUJECCIÓN  
PROP ROOT  
(MAÍZ)  
(CORN)



RAÍZ ADVENTICIA  
ADVENTICIOUS ROOT  
(HIEDRA) (IVY)

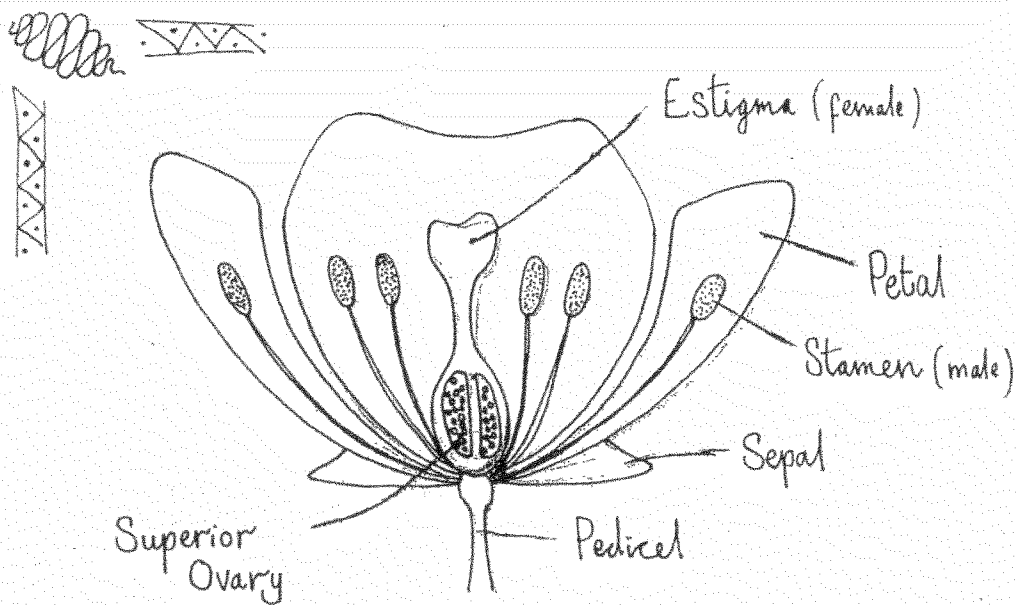


RIZOMA  
RHIZOME



ESTOLÓN  
STOLON  
(FRESAS)  
(STRAWBERRY)





## ANATOMY OF A FLOWER

The flower is a thickened shoot which carries the reproductive parts of the plant. The male part of the flower (androecium) consists of the stamen; the female part (gynoecium) consists of the ovary, style and stigma, together known as the Pistil.

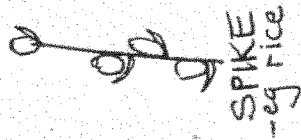
MONOECIOUS plants have flowers that contain both male and female parts.

DIECIOUS plants have flowers that contain either male or female parts. They require pollinating with the help of Bees, Birds and the wind.

# INFLORASCENCES

# Inflorescence

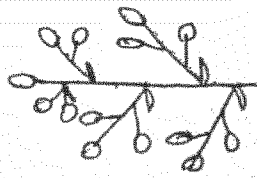
The way flowers are clustered together can help you ID them.



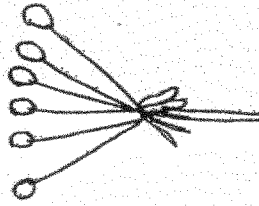
SPIKE  
-eg- rice



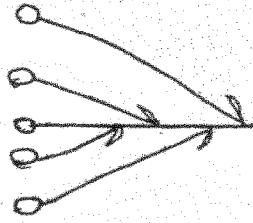
RACEME  
-eg- bluebell



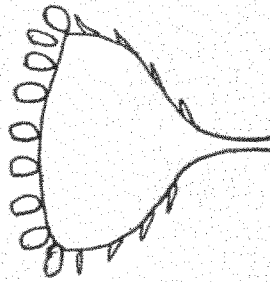
PANICLE  
-eg- St John's Wort



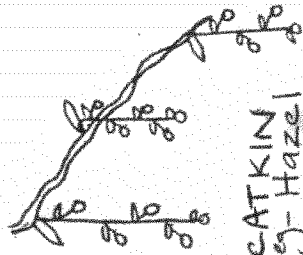
UMBEL  
-eg- Hemlock



CORYMB  
-eg- Yarrow



HEAD  
-eg- Daisy



CATKIN  
-eg- Hazel

# simple guide to recognising leaves

## leaf margins:

(shape of the edge of the leaf)



**entate**  
(margin has no teeth)

**serrate**  
(serrated - like a saw)



**dentate**  
(think dent - like teeth)



**sinuate**  
(wavy margin - think sinuating snake)



**pinnately lobed**  
(pinnate = primary divisions or leaflets)

**palmately compound**  
(more than one leaf on a single stalk spread out)

## venation

(shape of the leaf's veins)



**palmately netted venation**  
(spread out like fingers from a palm)



**pinnately netted venation**



**parallel venation**

## leaf structure

(how the leaves extend from the stem)



**simple sessile leaf**  
(simple = one leaf that extends from a node)



**odd-pinnate compound**  
(odd number of leaflets from a stalk)



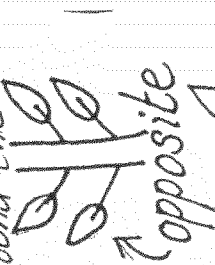
**even-pinnate compound**



**whorled**  
(arrangement of 3 or more leaves growing from a single node)



**alternate**



**opposite**

## leaf arrangement

(how the leaves are arranged around the stalk)

**pinnately compound**  
(even number of leaflets from a stalk)

# Preparing Herbs



Infusions: Put the herbs in a non-metallic pot or cup and pour boiling water over them. Let it sit for 10-20 minutes. Using metal pans etc. will decrease potency.

Decoctions: To extract properties from plants that won't work in an infusion like roots or bark. So boil the plant in water for 15 min - 1 hr. Quantities depend on plant and illness. (1<sup>st</sup> teaspoon of herb / cup of water.)

Tinctures: In a clean, sterile bottle put the dried herbs in the bottle, then fill up with alcohol (vodka, rum, brandy). Store in a cool, dark place and mix it around daily for 3-12 weeks. Then filter out the alcohol and keep in a dark place. Take a few drops in water 3x a day when needed.

Oils: Warm up the oil just a bit; that you want to use. Macerate the plant and put in a sterile bottle. Add the oil and place in the sun for 21 days. Shake it daily. Filter out the oil and it's ready.

SALVES: Warm up the oil in a double boiler so as not to cook the oil. Add bees wax (shredded) until it dissolves. Half oil, half bees wax will make a nice solid salve. If you want it softer or harder just adjust the wax. Add macerated plants, essential oils or whatever... Filter and place in sterilised jars. It will keep from 6 months to 1 year.



Remember labels!

# Recipes

Some of the delicious things we made...

## Aphrodisiac Massage Oil

Sweet almond oil  
Rose petals  
Ylang ylang  
Myrrorh  
Rose oil and  
Herba Larisa

## Super-healing Skin Cream

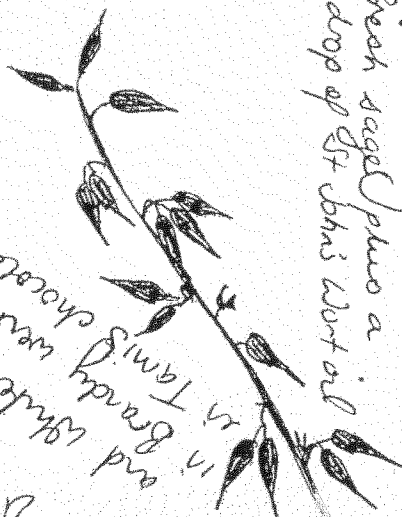
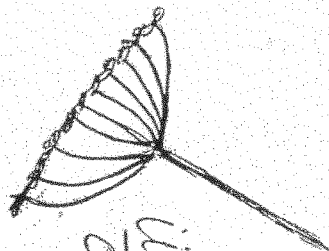
St. John's Wort oil  
Mullein oil  
Calendula  
Myrrorh

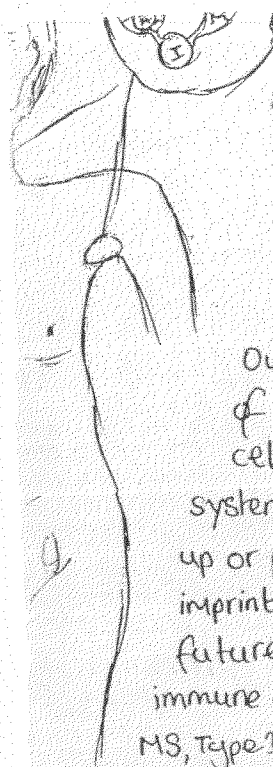
## Libre - Antibiotic Balm

Clay sage is almond & olive oil  
with rosemary and  
fresh sage plus a  
drop of St John's Wort oil

## Happy Tea

lavender, Borage, Rose petals  
& Lemon Balm, a  
bit of sugar & a  
dash of honey





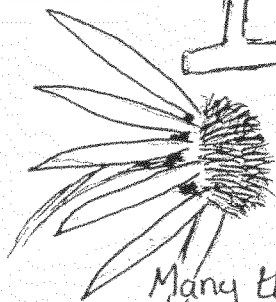
# Immune & Lymphatic System

Our immune systems work through different types of white blood cells formed in the bone marrow. These cells patrol the body in the blood and lymphatic system, destroying any nasty invaders by eating them up or producing antibodies which suffocate antigens. An imprint of the antigen is recorded by the cell ready for future attack. Auto-Immune disorders are when our immune cells attack our own body cells e.g. Arthritis, Lupus, MS, Type 1 Diabetes.

The Lymphatic system is essentially the vacuum cleaner for our bodies. It collects and moves waste and invading cells from our blood and cell tissue through a network of lymph capillaries all over our bodies. The nasties are taken to the lymph nodes where they are broken down and then returned via the blood to the liver where the waste is then sent out of the body. The lymphatic system has no pump but lymph flows when we make slow movements. Tai Chi and yoga help the flow of lymph. We know the immune system is working hard to get rid of a virus or bacteria because lymph nodes swell up in the neck, armpit or pelvic area.



# Immune Boosters



↑  
echinacea



Many things in our diet and environment damage the immune system: chemicals, pollutants, food additives, antibiotics, pesticides, drugs & stress.

Eating well, fresh fruit and green vegetables, avoid animal fat & processed food and exercise help.

Herbs which boost the immune system mostly work by stimulating the production of particular white blood cells and antioxidants. These include:

Camomile →

Goldenseal root

Marshmallow root

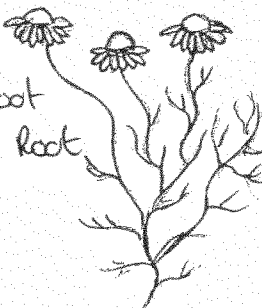
Barberry

Boneset

Echinacea

Cleavers - excellent lymphatic cleanser

Vitamins A, C, E



Aloe Vera

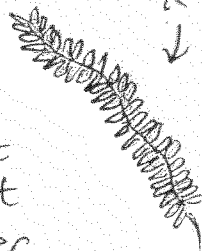
Liquorice

Garlic

Thyme

Herb Robert

Ginseng root



↓  
Thyme

A little research is best to do first if you suffer from autoimmune disorder or longer-term complaints. Certain plants may have adverse or damaging effects depending on your specific complaint.

## • Urinary System •

The urinary system has two functions:

- ★ excrete substances of blood waste, such as urea, uric acid...

- ★ maintain homeostasis, osmotic balance of the blood, regulate blood pressure.

The Urinary System Consists of:

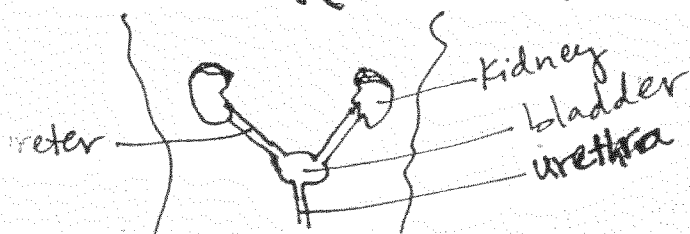
- Kidneys: organs situated in the lumbar region, whose function is to make urine from the blood in the level of the nephrons.

- Ureter - moves urine from the Kidney to the bladder.

- Vejigas - where the urine accumulates before pissing

- Urethra - the last part of the journey - from the bladder to the exterior of the body, it is longer in men than women.

~~\_\_\_\_\_~~ The Urinary System filters the blood constantly. Each minute there are 0.6L of blood in each kidney (of the total 3.5L in the body.)







## • Associated Problems •



- **Cystitis** → bacterial infection through the ureter, it can infect the bladder and aggravate. It is more common in women because the urethra is shorter.

 ● **Horsetail** (*Equisetum arvense*) Drink as an infusion for bladder infection. It can cause irritation of the kidney if used more than 2 weeks at a time.

● **Cayenne** (*Arctostaphylos uva-ursi*) Leaves are used in an infusion or tincture. Good for E. coli infections. Don't use during pregnancy. Prolonged use can cause stomach problems.

 ● **Marshmallow** (*Althaea officinalis*) Use leaves, roots and flowers. Take 3-4 spoons in an infusion everyday. Good with hyme and calendula.

● **Nettle** (*Urtica dioica*) Use in an infusion, don't use in flower or for more than two weeks at a time.

- **Hypertension** → Kidneys regulate the quantity of water in the blood, and so the blood pressure. Diuretics reduce the pressure and eliminate water in the urine.

● **Dandelion** (*Taraxacum officinale*) A very effective diuretic, also replenishes potassium lost in the urine. Also has vitamin A, C, B<sub>2</sub> and Calcium.

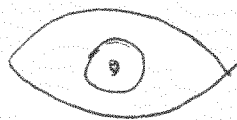
- **Kidney Stones** → painful stones in the renal canal. Herbal remedies will dissolve & expel.

● **Queen of the Meadow** (*Filipendula ulmaria*) Use in a tea. Also a good diuretic.

● **Mijo de Sal** (*Lithospermum officinale*) Use the fruits in a decoction.

# Nose Throat Ear & Eyes

Eyebright compress for eyes  
tired of ads and monitors!



mix these  
2!

Hayfever means itchy eyes,  
infuse ye Ephedra, Golden Seal,  
Eyebright.

We usually consider the upper  
respiratory system, ears and eyes as  
one system when treating illness. The medicinal herbs and diet changes  
discussed here can be effective alternatives to pharmaceuticals - but its  
just the beginning!



Owl! Earache!

Few drops  
of Mullein or  
St. John's Wort  
Oil,

Stopper with  
cotton

Archoo! Cold?

Elderflower, Peppermint,

Yarrow & Ginger

I open my eyes in the morning to the  
sun in the window. I walk to the kitchen,  
smell the food, sit, open my mouth, chew  
on something. The organs on my head  
are a gateway to the world. I breath chemicals  
in public restrooms, dance in a smoky bar.  
And these same organs bring  
the world into my body.

Catarrh

is Sinus Gunk

if serious, try  
a low-mucous diet

and

Gargle

Gargle

Red Sage!

Elder Flower,

Vervain help.

Make Infusions

I think we need to work on the  
world that we smell, see, feel  
and hear, if we want this system  
to be healthy!

In the meantime, try an infusion  
of sage when your throat is  
sore from screaming at protests.

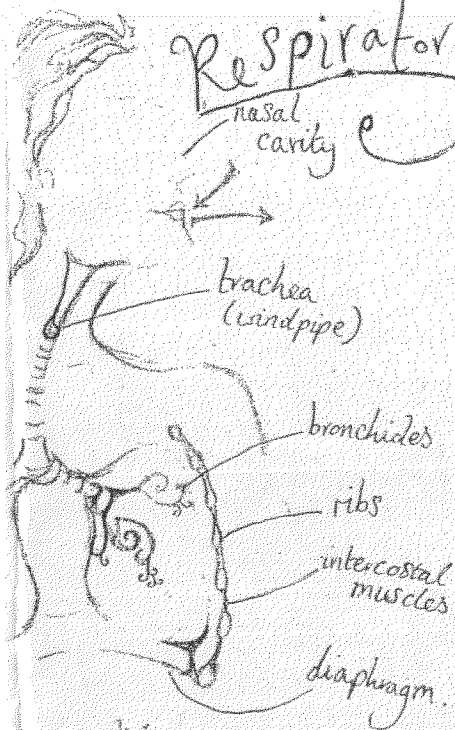
Boil 2 tsp. Red Sage  
in a pint of water  
Leave for 15 minutes,  
Gargle for 7, 3x per  
day.

For Sore Throat too

Remember anti-microbials such as Garlic & Echinacea

# Respiratory System

## how it works



- breathing is controlled by the automatic nervous system.
- breathing →

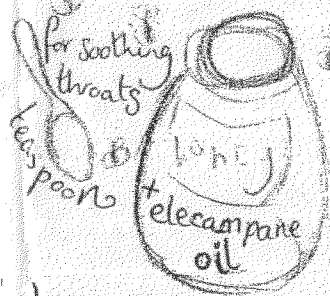
Inhalation occurs when the inter-costal muscles, diaphragm, and muscle groups in the neck and abdomen work together to expand the chest cavity, causing air to rush in via the nose or mouth, through the wind pipe and into the lungs. Inside the lungs the many bronchioles terminate in an Alveolus. The Alveoli

are millions of microscopic air sacs where the all-important transfer of oxygen into the blood takes place.

Carbon dioxide and unused oxygen are exhaled out of the body when the inter-costal muscles relax and return to position.

### Problems with Respiratory System

asthma  
coughs  
sore throat  
sinus problems  
Emphysema  
bronchitis  
catarrh



herbs to help: ... eucalyptus

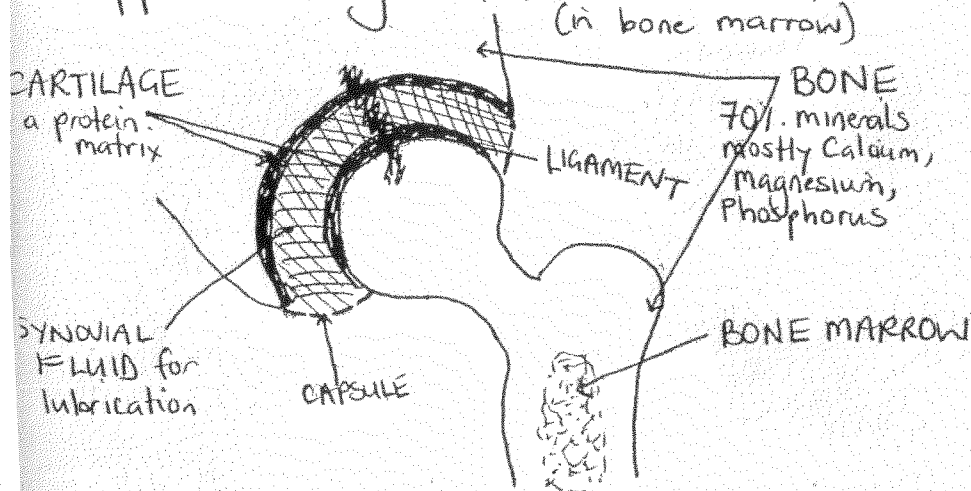
Sage

mullein

eucalyptus

# SKELETAL SYSTEM

Functions as support, to aid locomotion, to support the organs & to make bloodcells.  
(in bone marrow)



TYPICAL JOINT

Nutrition is really important for healthy bones, especially Calcium and Vitamin D. So...

- eat lots of leafy greens for calcium
- wholegrains bind calcium, so eat them separately
- eggs, garlic & onions contain Sulfur, which helps bone growth
- avoid caffeine & alcohol as they can leach calcium from the bones
- Weight-bearing exercise also helps make bones strong

# SKELETAL SYSTEM

## COMMON AILMENTS

- Bad Back

Is often linked to stress or emotion. Do exercises to strengthen back muscles. Think about posture, footwear, lifting method & your mattress!

- Fracture or Break



Tumeric paste or Mullein leaves as a poultice can help with the pain


- Osteoporosis


Look after your bones now! Diet & exercise are most important. May be linked to high protein diet.


- Arthritis

Is joint inflammation, often associated with stress, poor nutrition or infection. May be autoimmune.


## USEFUL HERBS


- Alfalfa (*Medicago sativa*) a.k.a. Lucerne - contains all the minerals for bone formation. 

- Horsetail (*Equisetum*) - has silica in the hollow stems which is good for bones & connective tissues. Use dried stems in an infusion. 

- Boswellia - an ayurvedic herb aids bone fixation, as well as relieving pain & inflammation 

- Fresh Pineapple contains bromelain, an enzyme that helps reduce arthritic inflammation

- Nettle (*Urtica dioica*) Nettle leaf tea is an excellent anti-inflammatory for arthritis 

- Feverfew (*Chrysanthemum parthenium*) infusion is good for pain relief & anti-inflammation 

# La S.O.C. Nerviosa

cerebro / brain - controls and filters the information we receive: controla y filtra el información recibimos

cuando me enfado los químicos que estan producido en me cuerpo se crean por el pensamiento!

when I get angry, the chemicals which are produced in my body are created from thought

hypothalamus + pituitary gland  
controla y coordina nuestro sensaciones basicas como sed, hambre, temperatura. tambien es el centro de nuestro zonas de placer, y tiene control de los hormonos

controls and co-ordinates our basic feeling such as thirst, hunger, temperature. Also our pleasure zones and it has control of our hormone

spinal cord  
medula espinal

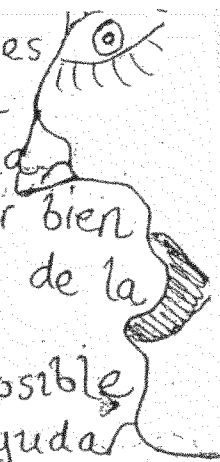
Lleva los mensajes desde el cerebro a través de los nervios periféricos hacia la piel, musculos y órganos. Brings messages from the brain to the peripheral nerves which connect the skin, muscles and organs

la sistema nerviosa es uno de las mas difícil para entender - nuestro emociones, sentimientos afectan mucho the nervous system is the most difficult one to understand - our emotions and feelings affect it a lot.

there is a lot of relation between our nervous system and our digestive system - butterfly lies in the tummy

hay mucho relacion entre la sistema nerviosa y la sistema digestivo - mariposas en el to

cualquiera de las enfermedades psicológicas que afectan al sistema nervioso, es importante mantener una dieta saludable y equilibrada, dormir bien e identificar y eliminar la fuente de la ansiedad, el stress o la depresión. Evidentemente esto no es siempre posible hay algunas hierbas que pueden ayudar pero recuerda que tu eres la única que puede controlar el problema. Piensa en positivo y cuidate. As with any of the psychological problems that affect the nervous system it is important to maintain a healthy balanced diet, sleep well and identify and remove the source of stress anxiety & depression. Of course this is not always possible. There are some herbs that can help - but remember its really only you who can control the problem - think positively and look after yourself and your body....

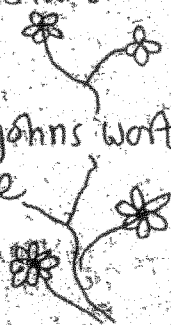


## Stress

melissa - lemonbalm  
manzanilla - chamomile  
valeriana - valerian

## Anxiety

hiperico / st johns wort  
salvia / sage  
pasiflora

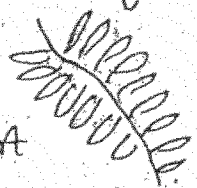


## depression

hiperico / st johns wort  
albahaca / basil  
gingko  
romero / rosemary

## Insomnia

melisa - lemonbalm  
tila - limes flowers  
valeriana - valerian  
manzanilla - chamomile



## concentración

romero -  
avenas



# Digestion

A nice crunchy apple is munched with saliva & broken down in the mouth. This moves to the back of the throat & through the oesophagus by waves of contraction & relaxation called peristalsis. Helped with mucus the food reaches the stomach where it is churned about by the muscular wall & mixed with gastric juices, staying there for up to 4 hours. It then moves to the small intestine where bile & digestive juices from the pancreas further break down the food as it moves through the intestine by peristalsis.

An Apple a day keeps the Doctor away!  
Helps digestion & reduces stomach acidity

## Symptoms of Indigestion

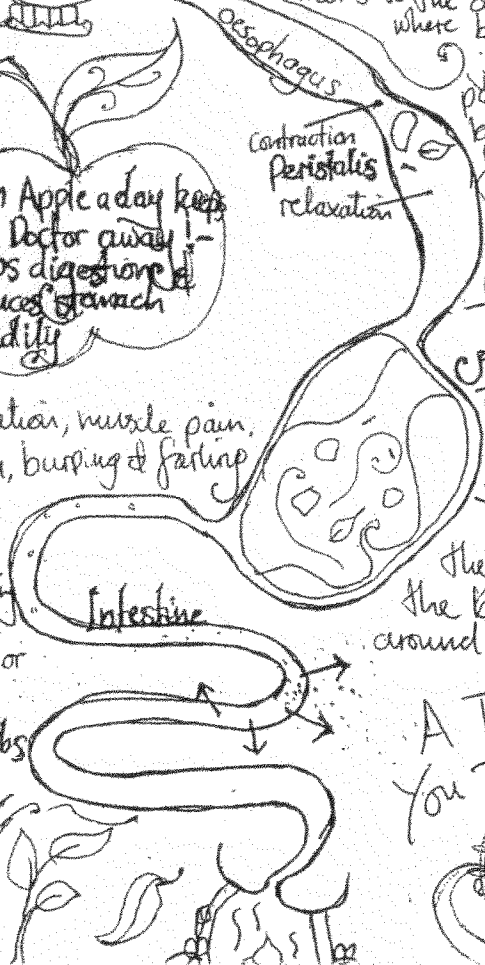
Stomach pain, heart burn, fatigue constipation, muscle pain, rumby bellies, diarrhoea, burping & farting

## Ginger - relives

Indigestion, vomiting & gas. is good in tea with chamomile or grated on food.

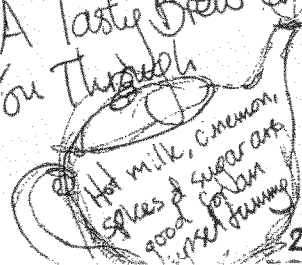
## Other useful Herbs

- Peppermint
- Sure seed
- Garlic
- Marjoram
- Alfalfa



The intestine has a very large folded surface area where all the products of digestion travel through the wall & into the blood stream & around the body.

A Tasty Brew Gets You Through

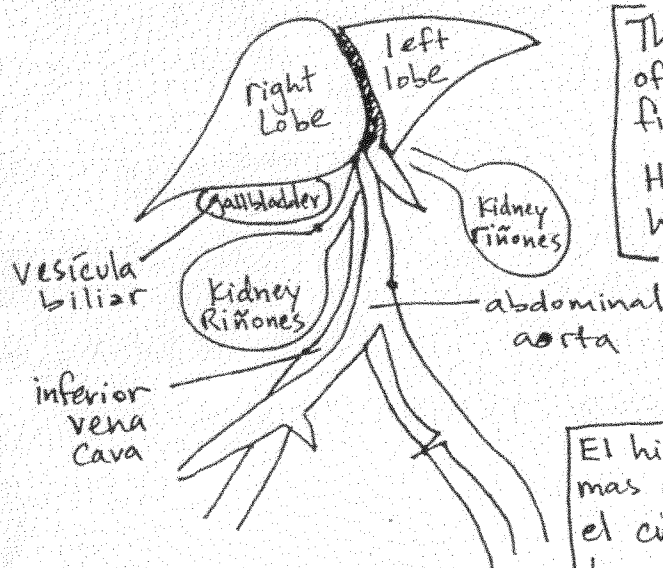




# HIGADO • LIVER • AND • Y VESÍCULA BILIAR • GALLBLADDER

## Functions

- metabolism • metabolismo
- glycogen storage • almacenamiento de glucogeno
- plasma protein synthesis •
- detoxification • detoxificación
- bile • bilis



There are 4 lobes of the liver called fissures or fossae.

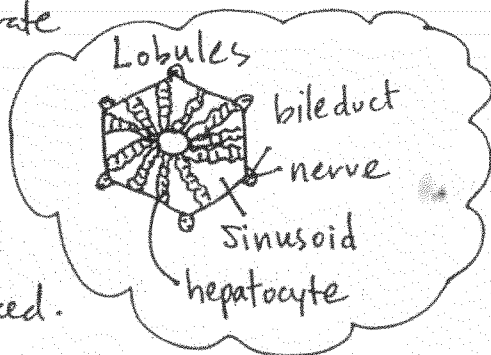
Hay 4 lobules del hígado llama fossae.

The liver is the second largest organ in the body. The skin is the first.

El hígado es el segundo mas grande organo en el cuerpo. El piel es la primero.

The liver can regenerate its own tissues and acts as a calm balancer and cleanser for the body. The liver metabolises carbohydrates, and breakdown glycogen into glucose. It also breakdown insulin, hormones, protein, lipids, cholesterol, hemoglobin, and toxic substances. The liver converts ammonia to urea and stores substances: vit. B12, iron & copper.

Because the liver can regenerate its tissues, the herbs that work best on the liver and gallbladder have more to do with blood cleansing and maintaining a healthy diet, exercise and feeling balanced.



- Las herbas que funciona mejor en el hígado son más sobre limpiando el sangre y una dietica sana, ejercicio y sientando equilibrio.

• Alfalfa → Potassium

• Aloe Vera

Digestión

Digestión

• Burdock Root *Reiz de Bardana* Liver / Sangre  
(*Arctium lappa*)

• Dandelion Root } Liver / Sangre  
• ~~Reiz de Dandelion~~ }  
(*Taraxacum officinale*)

• Red Clover - Tribol Hígado / Blood  
(*Trifolium pratense*)

• Milk Thistle Repairs Liver Tissues  
(*Silybum marianum*) Reparar Tejidos de Hígado

Menstrual problems are often because of an unhappy liver!

The first trimester the fetus receives blood directly from the liver!

¡Problemas Menstrual son muchos veces porque una hígado enfadado!

¡El trimestre primero, el feto recibir sangre del hígado directamente!

El hígado puede regenerar los tejidos mismos y producir una efecta calma y equilibrio en el cuerpo. El hígado metaboliza carbohidratos, glycogen, insulina, hormonas, proteina, lipidos, cholesterol, hemoglobin, y sustancias toxicas. El hígado cambio ammonia por urea y almacenamiento vit. B12, hierro, y cobre.



## BURDOCK • BARDANA • *Arctium Lappa*

Burdock is a hearty and handsome plant that grows all over roadsides and random places. It has sticky flowers and soft leaves. Burdock is also called "Gobo" and eaten as a vegetable in China. Harvest Aug to October.

**Root:** Energetics: bitter, sweet, cool

**Organs:** Lungs, Stomach, Kidney, liver

**Constituents:** essential oil, 45% inulin

**properties:** alterative, diuretic, diaphoretic, nut.

**uses:** burdock cleanses the blood, is a good tonic, is good for skin problems, and urinary problems. It is high in iron, and useful for arthritis and sciatica and fluid retention.

**Seeds:** Energetics: bitter, sweet, cold

**Organs:** Lungs, stomach, Liver, Kidneys

**Constituents:** arctin, arctigenin, gogosterin, essential oil, fatty oil

**Properties:** diaphoretic, diuretic, antipyretic, expectorant, anti-phlogistic

**uses:** throat infections, pneumonia, fever, measles, smallpox, eczema, psoriasis, skin itching, colds and flus; it makes you sweat.

enormous  
tap  
root!

**Bardana** es una planta fuerte y hermosa que crece a lado de los caminos y lugares aleatorios. Tiene flores pegajosas y hojas suaves. Se llama tambien "Gobo" es comido como vegetal en China. Cosechar Agosto - octubre: la raíz.

**Raíz:** chino: - Amarga, dulce, frío. **Organos:** - Pulmones, Estomago, Riñones. Riñones  
componentes - aceite esencial, 45% inulin.

**Propiedades** - alterativo, diurético, diaforetic, nutritivo

**Usos** - limpia la sangre, tonico, para problemas de la piel y las urinarias contiene mucho hierro y bien para arthritis, sciatica y retencion de fluido

**Semillas:** Chino - Amarga, dulce, frío; **Organos:** pulmones, estomago, Riñones, Higa

**Propiedades** - diaforetic, diuretico, febrifugo, expectorante

**Usos** - infecciones de la garganta, neumonia, fiebre, sarampión, viruelas, eczema, psoriasis, picas en la piel, resfriados y influenza y te hace sudar.  
componentes: arctina, arctigenin, gogosterin, aceite esencial y aceite grasada.

thyme - as a tincture

good for throat,

bronchial problems

and helps to clear

mucus.

Legend

on the midnight of midsummer night

the king of the faeries and his

folk are said to dance

on a bed of thyme.

- Midsummer Night's Dream

ways to help →

• steam baths with

eucalyptus oil

• tea infusions.

• tinctures

• ointments rubbed directly.

• essential oils → on pillow

tissue

rosemary

lavender

tea tree

peppermint

• coltsfoot leaves + flower.

• mullein • lance-leaf

• lungwort.

→ mix in equal parts.

Steep 2 tsp in 1/2 cup boiling

hot water. Take 1/2 cups daily

with honey in mouthful

doses.



elecampagne

- good for a range of respiratory problems + even lessening asthma attacks.

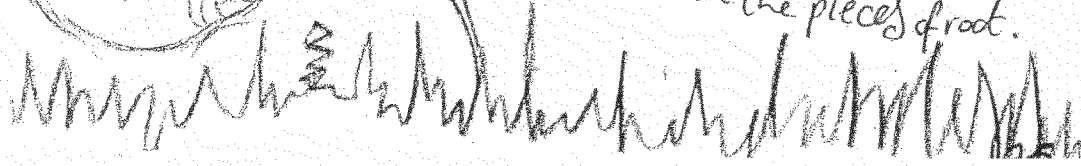
• recipe. Slice the roots into bite sized pieces. half fill a jar.

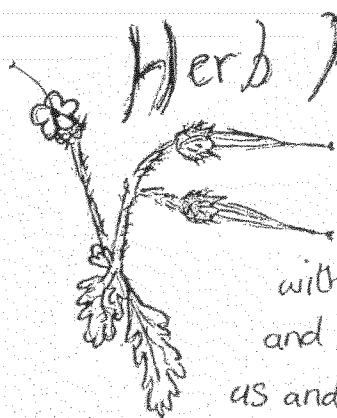
Fill the entire jar with honey.

Turn over each day for a few days.

munch! Store in the fridge.

• When you get a phlegmy cold eat the honey, chew and spit out the pieces of root.





# Herb Robert

(*Geranium Robertianum*)

A very common wild plant with pretty red stems, red and green leaves and lots of little hairs. Found all over Europe, US and Asia.

Good internal & external astringent, diuretic and immune enhancer. Also contains vitamins A, B, C.

Drink 1 cup a day of this in an infusion for diarrhea or gastritis.

Use the green leaves, crushed, as a compress for inflammations and painful wounds. This herb is also said to help prevent scarring.

use only the leaves, NOT the root.

## Hierba Roberto

Es una planta silvestre muy común. Tiene tallo rojo y hojas verdes y rojas y muchos pelitos. Se crece en todas partes de Europa, USA y Asia.

Es buena astringente interno y externo, diuretico y refuerza el sistema de inmunidad. Contiene vitaminas A, B, C. Toma una taza de infusion de Hierba Roberto para diarrea o gastritis. Utiliza las hojas verdes como compresa para inflamaciones y heridas dolorosas. Se dice que esta hierba previene cicatrizar

Utiliza solamente las hojas, no la raíz.

Heals cuts & wounds by  
protecting against infection  
& stimulating cell growth.

Good in tea to treat  
cold & flu.

Have a chew on a stalk  
to relieve toothache.

Lives in sunny  
places with rich  
moist soils.

# Yarrow

- Facial  
Cleanser  
- Steaming  
bowl of water  
with yarrow  
is an  
excellent  
facial cleanser.

Also known as  
Nosebleed - can start  
or stop a nosebleed.

Latin name *Achillea Millefolium* named  
after Achilles who learnt of its properties  
& healed his armies with it during war.

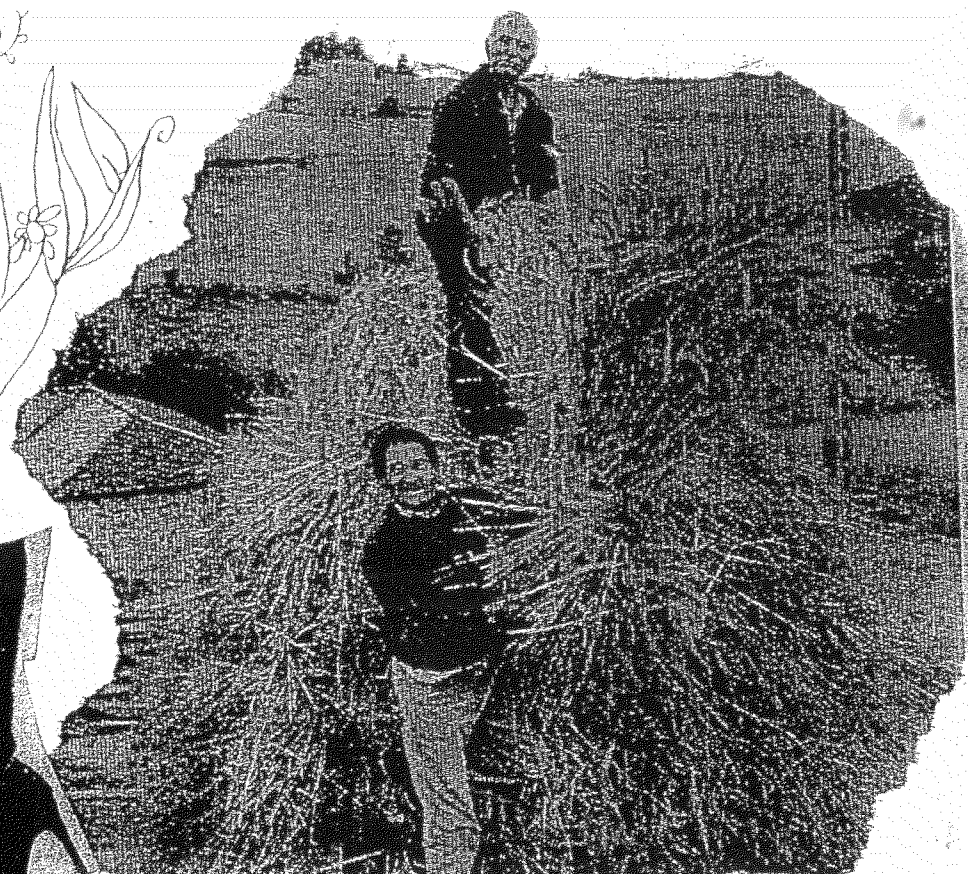
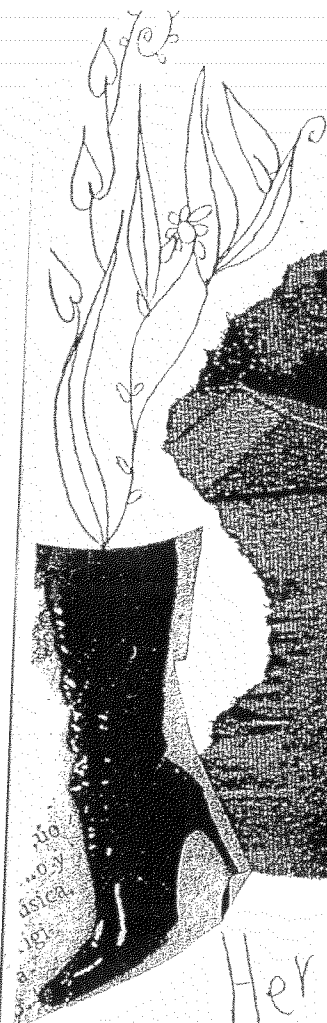
Evidence shows it was  
first used 60,000  
years ago by  
Neanderthals.

Tea for Colds & Flu  
Boiled water over peppermint,  
elderflower & yarrow makes  
a tasty brew.

## GLOSSARY continued.

- Spasmolytic (antispasmodic) - calms muscular system.
- Stimulant - enlivens physiological activity.
- Styptic - external astringent.
- Thymoleptic - mood raiser
- Tonic - strengthens organ or body.
- Vulnerary - heals wounds + inflammation.
- Astringent - tightens tissues.





Herbasms → created by

Snowy, Jack, Jake, Judith, Cull,  
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Kun, Nike, Gala,  
Flor

August 2007

+ Kinky the cat.  
-copy & distribute-

